

OVEREATING FILLS MORE GRAVES THAN STARVATION; INDIGESTION HAS BECOME A NATIONAL TRAIT

Eat Sparingly During the Hot Weather; Meat Once a Day is Sufficient; Food Value Measured By Quality Not Quantity; Drink at Least Eight Glasses of Water a Day.

BY DR. O. C. WEST,
(County Health Officer.)

In spite of the reports of thousands of people starving to death in India and China it is lamentable, but nevertheless a fact, that more people die every year from over and improper eating than from starvation.

Civilization has always been followed closely by dyspepsia; the two seem to run hand in hand. The people of the United States are the foremost people in the world today and represent the highest type of civilization. The world over, America is known as a nation of dyspeptics. Our newspapers and magazines are filled with advertisements of remedies for the relief and cure of indigestion. There is a widely circulated effort to treat this national ailment, but rarely do we ever read any thing about the prevention of indigestion.

We are a prosperous people and with our prosperity we seem to feel that we must increase our food consumption in proportion to our pay checks, and have gradually grown into the habit of eating rich and heavy foods—dishes that are planned and prepared to please the eye and palate; food that overloads the stomach with but a trace of nourishment. We clog our digestive tract with every conceivable mixture highly seasoned with condiments so as to encourage the engorgement. Gluttony results.

It is time that we began to realize the seriousness of indigestion and there is no better time than the present with the hot summer months before us when the intense heat of the sun will drain our systems of the necessary liquids to help keep the body surfaces cool. The quantity of food required to maintain the body in health and vigor varies according to climate, season, clothing, occupation, work, and exercise, the state of the individual health, age, sex, and body weight. If we give a little heed to the selection and value of food, there is hardly any danger of our eating less than we require. The dinner that is placed on the table in our average home or in the restaurants of this city would easily take care of all the requirements needed for a heavy laborer or one who is expected to perform long hours of toil or exercise. When a business man or one engaged in quiet indoor work attempts the consumption of such meals he is certainly flirting with dyspepsia and it will get him sooner or later.

The value of food is measured by the amount of energy it will produce when assimilated. Quantity and weight have very little to do with real value. Preparation of food amounts to over fifty per cent of its value. Unbalanced diets are responsible for a long list of afflictions; scurvy comes from lack of fresh fruits and vegetables; anemia from lack of meat; eczema and many skin diseases from a diet too rich in carbohydrates or fats. The importance of a mixed diet, well regulated, is self-evident.

The following pupils attained perfection in the work of the Palmer method of business writing: Stella Groth, Elizabeth Carvill, Marguerite C. de Baca, Charlotte Bierman, Virginia Gump, Mary Manzanera.

The following finished the work prescribed by the American Penman: Anna Herman, Helen Gump, Mary Manzanera.

The school had an enrollment of over 200 and an average daily attendance of 150. Five Sisters of Loretta teach the school. Next week the school expects to move into the new school house now being erected. Then eight sisters will be employed and a kindergarten department will be established. The school teaches all grades through the high school, and has a business department.

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For a moderate charge per year you may secure a box in this vault providing ample storage for jewelry, valuable papers, bonds and other securities, to which you have access at all times during business hours.

First Savings Bank and Trust Company
ALBUQUERQUE, N. M.



Dr. O. C. West, County Health Officer.

ulated, can be appreciated when we see constantly the effects resulting from faulty metabolism in those persons who try to subsist on a one-sided diet.

Meat Once a Day.
During these hot days, meat once a day is sufficient. Substitute fresh, green vegetables and fruit; cut down on hot and heavy breadstuffs, pastries and puddings; substitute rice and macaroni for potatoes; potatoes don't keep well during hot weather, and are often served sour or slightly fermented. Milk and cereals are suitable substitutes for meat.

Fats and sugars generate heat and warmth; they are found abundantly in meat, butter, olive oil, corn meal, nuts, candies, jams, etc. They have great fuel value in small bulk, but an excess is extremely difficult to digest. The amount of fat in the body varies greatly with food and exercise. When more food is consumed than is necessary for immediate use, part of the surplus is stored in the body. The fat of the food thus becomes body fat. Hence the fat man not only has the appearance of being overheated, but is actually storing up heat which he has no use for in these hot days.

See that your daily consumption of water equals or exceeds eight glasses. Don't attempt to eat a heavy meal when you are tired or overheated, and don't hurry it. It is much better to skip a meal once in a while than to try to work with a tired stomach full of undigested material. One of the secrets of reaching a comfortable old age is knowing when you have eaten enough. Follow the safe rule, "Always leave the table hungry."

11 EIGHTH GRADERS ARE GIVEN DIPLOMAS

Las Vegas, N. M., June 10.—Eleven boys and girls finished the eighth grade work of the immaculate Conception school, and were awarded diplomas Friday by Rev. Father A. Rabeyrolle. All will continue in the high school department of the school next year. The pupils receiving diplomas are: Milton Herman, Helen Gump, Mary Manzanera, Charles Wolf, Manuel Sena, Julia Garcia, Juanita Montano, Grace Eggert, Amy Gallegos, Beatrice Sena, Ruby Moen, Gwendolyn Robinson.

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MAY SEND RANGERS TO INVESTIGATE KILLING
Laredo, Tex., June 10.—Texas rangers will be sent here at the request of District Attorney John A. Valls to investigate the killing on Wednesday night of General Lucio Blanco, a former officer in the Carranza army of Mexico. This became known late today when Mr. Valls made public a telegram from Governor Neff in reply to the request for rangers.

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ALBUQUERQUE, N. M.

TWENTY GIANT ENGINES IN ONE TRAIN



"Prosperity Special" ready for run from Philadelphia to St. Louis for delivery.

Flying pennants proclaiming it the "Prosperity Special," the largest and most remarkable single train of locomotives ever hauled across the United States left the Eddystone plant of the

Baldwin Locomotive works, Philadelphia, Pa., for St. Louis, Mo., the other day. It consisted of twenty oil-burning engines, each with its tender nearly 100 feet long and weighing 621,000

LOCAL ITEMS

Coal Supply Co. Phone 4 and 5. Mrs. Meyer Osoff and child, left yesterday for southern California, where they will visit friends for a few weeks.

Mr. and Mrs. M. R. Speck recently arrived in the city from Jacksonville, Fla., and will remain here indefinitely.

Mr. and Mrs. H. Livingston and two children are motoring to Cloudcroft, N. M., by the way of El Paso, Tex. They expect to spend a few days in El Paso before going on to Cloudcroft for an outing of two weeks.

Guy C. Pierce, representing Williams & Cunningham Advertising Agency, Chicago and New York, was here yesterday on business.

10-15c Messenger. Phone 1613-W. Siegfried Kohn, who has been in Gallup, N. M., returned to the city yesterday.

Frank H. Strong left yesterday for Los Angeles, Calif., on business. He expects to be absent a week or ten days.

M. Mandell, Julius Mandell and Sol Weiler left yesterday afternoon for the Cebolla trout fishing stream a few miles beyond the Jemez hot springs. They will be absent a week.

Mrs. J. Ragan, who has been visiting relatives and friends in the south and in Texas for the past few months, returned to her apartment at 215 West Lead avenue last night, accompanied by her little niece from Dallas, Tex.

Mr. Ragan is in Colorado, but is expected home in a few days.

George E. Roberts, of Dalhart, Tex., is here visiting his mother, Mrs. Mary E. Roberts, at 312 South Third street.

Factory wood, full truck load, four dollars. Hahn Coal Company, Phone 81.

M. A. T. S. E. will meet this morning at 10 o'clock.

There are undelivered telegrams at the Western Union for Mable Jackson, J. L. Ewing, Louis Sledge, Mrs. Bernice Jones, Miss Mattie Cox, J. C. Markley, G. W. Wentzel, C. C. Ledford and L. Pengilly.

There will be a meeting of the Albuquerque Graduate Nurses at the Presbyterian Sanatorium Tuesday afternoon at 2 o'clock. All nurses are requested to attend this important meeting.

Miss Katherine Zellhoefer and sister, Mrs. P. Smith, are leaving this morning for California.

Dr. W. B. Weeks, of Ft. Worth, Tex., who has been visiting his sister and niece, Mrs. Blanche Underwood and Mrs. Underwood, returned home last week.

District Attorney Fred Nicholas and family, of Magdalena, are spending a few days in the city visiting relatives. Mr. and Mrs. Nicholas will leave Wednesday for California.

A children's day service will be held at the Lead avenue Methodist church today at 10:45 o'clock. The Epworth League officers will be installed.

G. E. McDonald, state manager for the Woodmen of the World in Arizona and New Mexico, with headquarters at Phoenix, arrived in Albuquerque last night.

Among the Shriners to stop off in the city yesterday were Mr. and Mrs. W. H. Abbott, of London, Ontario, who visited Mr. and Mrs. George Mueller, 617 West State avenue.

C. L. Berndtson left yesterday for Rochester, Wis., where he was called on account of the condition of his wife, who has been undergoing treatment at the Mayo clinic.

Mrs. Margaret Hinds, grand matron of the Eastern Star of New Mexico, paid an official visit to Adah chapter, No. 5, on Tuesday evening. A social hour followed the business meeting when supper was served to 200 members.

ARTS AND CRAFTS STUDIO.
Embroidery to order. Lamp shades. Designing. Phone 170 Room 9, Melini building, over Pesney's.

Dr. S. Mable Skeels, D. O. Citizens Bank Bldg. Phones 881-W, 2022-J.

DEATHS AND FUNERALS
LUCERO—Abelicio Lucero, 59 years old, died last night at his residence. He is survived by two sons, Pablo Lucero and Antonio Lucero, and his widow, Mrs. Lucero. The body was taken to Croliott's funeral parlors, pending funeral arrangements.

CORY—Alva M. Cory, 26 years, died yesterday afternoon at 1 o'clock at his home on North Twelfth street. Mr. Cory came here from La Plata, Mo., a short time ago. The body will be shipped to his old home on train No. 10 Monday morning, accompanied by his father, who was with him at the time of his death. C. T. French is in charge.

BARGAIN! BARGAIN!

Tract of fine land nearly seven acres adjoining new district University Heights. Investor will double money in two years. Also new water plant consisting of pump, gasoline engine, 1,000-gal. capacity reservoir of cast iron, never uncured. Will sell below cost. For either University Heights land or water plant, enquire Mrs. N. J. Strumquist, Jr., phone 1621-W.

GIRLS' ACADEMY HAS CLASS DAY PROGRAM FRIDAY

Class week at St. Vincent's academy here included in its program the following events:

Tuesday, theater party followed by faculty dinner at the academy, was recapitulated Wednesday by the juniors giving a "Little Lord Fauntleroy" theater party to their elder schoolmates and served tea.

On Thursday a commencement dinner at the Alvarado was given. The class day exercises of Friday closed the week's exercises. The program:

Class History—Luetta McDermott.

Solo—Mary Assala.

Class Prophecy—Ruth Eaton, Leona Beyle.

Solo—Sylvia Davis.

Class Will—Katherine Owen.

"Breezy Point," comedy in three acts. Characters:

Aunt Debby Dexter—Luetta McDermott.

Edith Pearl—Sylvia Davis.

Ashrael Grant—Nina McCamant.

Mrs. Harbiscraft—Teresa Zilles.

Melkable Doolittle—Leona Beyle.

Bernice Vernon—Ruth Eaton.

Laura Leigh—Rachel Barola.

Edith Norton—Helen Wiley.

Clarice Fenleigh—Mary Assala.

Pantline—Katharine Owen.

Handicraft Twins—Myrtle McCamant.

Clem—Ima Jean Kemble.

Time—The present.

Act I. Sitting room at Breezy Point.

Act II. Six weeks later.

Act III. Four weeks later.

Class Song—Teresa Zilles.

The diplomas will be awarded to the graduates this evening. The commencement address will be delivered by Rev. B. Murtaugh of Chicago.

FIRE DAMAGES HOME OF W. P. WINGATE ON EAST CENTRAL AVE.

Hot ashes are believed to have been the cause of the fire which almost completely destroyed the garage at the back of the W. P. Wingate home, 1301 East Central avenue early yesterday morning. The fire spread from the garage and damaged the rear of the house. There was no fire in the garage at the time of the fire. The damage is estimated at close to \$1,000.

SEARCHING FOR NEGRO.
Carthage, Texas, June 10.—Poses of citizens and officers today are searching with bloodhounds for Zak King, negro, charged with shooting to death Park Rayburn, son of H. V. Rayburn, prominent farmer near here. This morning Young Rayburn's wife was slightly wounded by the negro, who fired twice following a dispute over financial matters.

OUR RECORD

Number of Students Placed in Positions.....205
Number of Graduates Not Placed in Positions.....0
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Assets Over \$2,250,000.

3% LOANS TO MEMBERS ONLY

ON UNPAID YEARLY BALANCES.

COMPARATIVE STATEMENT

Showing Growth of Our Reserve Fund and Assets.

RESERVE FUND	ASSETS
Dec. 31, 1918.....\$ 500.00	June 30, 1920.....\$130,317.53
Dec. 31, 1919.....20,000.00	Dec. 31, 1920.....444,847.12
Dec. 31, 1921.....118,000.00	March 31, 1921.....750,700.87
March 31, 1922.....149,000.00	March 31, 1922.....\$2,193,343.87

GROWING—SAFE—SOUND—SURE
There is a Reason—Investigate—Take No Other for Results.

Our Home Office is in our own 13-story office building in St. Louis. Our General Agency for New Mexico is at 218 1/2 West Gold, Albuquerque. The United is the original 3 per cent company operating in the Southwest and its rapid and substantial growth and phenomenal success has made it a great and permanent financial institution.

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Reliable Agents Wanted in Every Locality.

JAS. W. NORMENT, General Agent, Albuquerque, N. M.

BIRTH RATE IN HOMES OF RICH IN N. Y. IS LOW

Is Only Seven to the Thousand, While in the Lower East Side it is 57 to the Thousand.

(By The Associated Press.)

New York, June 10.—Lacking vocal allencers for the 134,000 babies born in New York city each year and exercising their lung power in 42 different tongues, Health Commissioner Copeland today told the state federation of music clubs "these discordant noises must be drowned out by music."

Delegates to the convention were mostly feminine, so Commissioner Copeland utilized the occasion to voice his fears about race suicide along Fifth avenue and Park avenue.

"I am worried about the four hundred," he asserted. "The wealthier people of New York have a birth rate of only seven to the thousand while, on the lower east side the rate is 57 to 1,000. If it were not for the influx from outside cities, New York would be a metropolis of foreigners in ten years."

"London is 97 per cent English; Germany is 100 per cent German; Rome is 100 per cent Italian and Paris is 100 per cent French," he declared. "But in New York 42 different languages are spoken by as many peoples."

Criticizing the critics proved a popular number on the convention program. It resulted in a resolution unanimously adopted calling on magazine and newspaper music columnists "to stick to the subject."

The modern critic often goes so far as to say that a critic reads more like a fashion review, or a physician's diagnosis than an article on music, said Mrs. Caroline Lowe, secretary of the state federation.

"What difference does it make whether a singer is slender or obese; how she smiles, walks and bows; or from which side of her mouth she sings? It's her

voice the public should be told about."

Madame Edna Marrone, president of the federation, announced that a campaign would be inaugurated to get music into the factories so that workers in brick-yards, on railroad locomotives, in boiler works and machine shops may work to the rhythm of melody.

"Then," she predicted, "our country will briskly step into its daily tasks and efficiency and happiness will follow."

GETS 1 TO 10 YEARS IN PRISON FOR THEFT

Los Angeles, June 10.—William H. McFee, 78, was sentenced today

5 MEN ARE ARRESTED CHARGED WITH MURDER

Texarkana, Ark., June 10.—Five men were arrested today charged with murder in the first degree in connection with the lynching of Huley Owens, negro, on May 12 last. The men are Nick Hightower, Joe Carter, John Elmore, Dick Farr and Joe Ransom. The negro was believed to have been the slayer of Policeman Dick Choate.

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ALBUQUERQUE, N. MEX.

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Teas and dinner parties can be arranged at Miramontes-on-the-Mesa. They can be as elaborate or as simple as you desire. The food at Miramontes is the best the market affords, and it is temptingly prepared. The service leaves nothing to be desired.

In addition, it is much cooler at Miramontes than in town. And the dining room has adobe walls three feet thick.

Entertain your friends at Miramontes this summer. They'll like it—and you'll be saved all the fuss and trouble.

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Extraordinary Sale

Silk Dresses in all the prevailing spring styles are here for your choosing in this special clearance offer. They are fashioned of Canton Crepe, Crepe de Chine, Krepe Knit, Charmeuse, Taffeta and Georgette combinations; with straight line, long-waist, blouse and coat effects, trimmed in novelty as well as conservative ways. In Navy, Black, Brown, Beige, Canna, Cherry, etc. Many "Peggy Paige" models included. Sizes 16 to 44.

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\$13.95 \$22.95

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Victrola IX-A



Victrola XIV



Victrola XVII

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